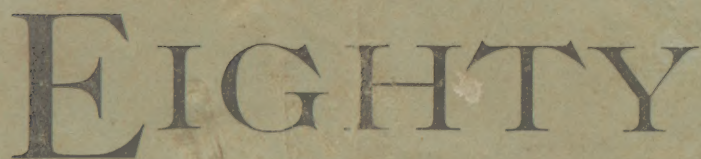


Scheme



EIGHTY

AND

How to

Reach It.



DR. J. H. SCHENCK & SON'S CALENDAR

1890

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2/18/77-Lawrence--

Best wishes. You can
send this back for a
refund when you read
rightly.

Bob Gardner

❖EIGHTY❖

AND

HOW TO REACH IT;

OR,

5
7

PLAIN, EVERY-DAY CARE

OF THE GREAT ORGANS

OF

Digestion, Secretion

AND

Circulation.

❖EIGHTY❖

AND

HOW TO REACH IT.

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LENGTH OF LIFE:—The Psalmist fixed the span of human life at *threescore and ten years*. A renowned scientist of to-day says: "*There is no physiological necessity at all for death.*" Without undertaking to decide between scriptural assertion and scientific enthusiasm, it can be certainly said that human life may be easily made healthier and longer by the simple art of caring for it. The figures which go to make up what are called "vital statistics," prove that the average duration of human life is increasing. This shows that the means of such increase are clearly within our control, if we will but adopt them.

Cure and Prevention:—Till within fifty years medical science sought only to cure disease. It honestly, yet ignorantly, thought that was its sole mission. It now adds to the art of *curing* the higher and nobler art of *preventing* diseases. And as the science advances it will more and more rely on preventive treatment as a means of securing health and long life.

An Instance:—Some years ago Memphis was visited by a disease which carried off thousands. The doctors could not stay it, but died themselves. When a system was attacked there was nothing to build upon, and no time in which to do it. Some one, wiser than the rest, said: "These terrible results must have a cause. Let us, in the name of perishing humanity, look for that cause." It was found in the drinking water, which had been poisoned by a bad drainage system. The defect was remedied and the plague stayed.

Sanitation:—This word has come into use since the treatment of causes of diseases and the use of preventive agents have revolutionized medical science. It means the preservation of health by observing the common laws of ventilation and cleanliness—keeping cellars clean, attending to drainage, shutting off sewer gases, ventilating sleeping rooms, bathing, exercise, etc., etc. There is death in every house, if these laws be not studied and observed. Most of them are mentioned in the latter part of this book.

Hygiene:—This word embraces all that *sanitation* does and certain other laws relating to diet and watchfulness over the body, most of which are mentioned hereafter. We note these words particularly, and call the most serious attention of the reader to them, because they are milestones which show the march of medical science toward the use of preventive remedies for disease. No city, no village, no house, no human body, can be exempt from disease for any length of time when the common laws of sanitation and hygiene are violated, and the speediest and best cures of all diseases due to the violation of such laws are brought about by enforcing their observance.

The Human Body:—Why are the laws of sanitation so necessary in a city? Because it is a thing of pipes, sewers, alleys, thoroughfares—all organs of life and safety, yet all organs of disease and death, if obstructed or out of repair. The human body is no less a thing of organs, all of them necessary to life and comfort, and all of them sources of

disease, if neglected or impaired. We reach the city, the village, the house, and even the body, by outward sanitary means, and thereby remove and prevent diseases. This treatment alone has lengthened human life and rid the world of a thousand ills. But the internal mechanism, the great vital organs, of the body are hidden from view and are not accessible, except indirectly, by the preventive agents generally employed in sanitation and hygiene. It is none the less necessary, however, to reach them directly. On the ease and safety with which this is done depends exemption from just such diseases as depopulate cities when their sewers are full, their drainage bad, their alleys filthy, their water dirty, their circulation corrupt.

Before and After:—Before the study of disease causes reached its present point, and the science of prevention became of greater moment than that of cure, it was all too common to allow the great organs of the body—as the stomach, liver, kidneys, and bowels—to congest and clog till either permanently impaired or some dangerous and, may be, constitutional disease had set in. Then they were treated very heroically, and far too often in a way to injure them beyond repair. Medicines were given to cleanse this, that, or the other organ, without reference to the fact that all the organs are really joint in their function, and that a specific for one might produce a deadly reaction in another. Add to this the well-known fact that when treatment is postponed till all the organs are involved, and active disease has developed in the system, it is then often too late to effect a cure, because there is so little vitality left to be coaxed back to health, and the folly of the old methods becomes clear. What was most needed was a treatment of causes of diseases which spring from these vital organs—and what diseases do not?—a system of preventive agents, which should act both specifically and generally, and which should have the same effect on the body as the perfect sanitation of a city or house has on the in-dwellers. This has been found. Its finding

has changed the old methods of treatment, and has made possible continued exemption from many serious diseases through a period of life much longer than that fixed by the "Sweet Singer of Israel."

Hopeful Figures:—A good definition of Health is: perfect organization in perfect action. An equally good definition of Disease is: disturbed organization in disturbed action. Before the acceptance of these as definitions—that is to say, before the treatment of *causes* and the science of preventives leaped to the front—the annual death-rate in the city of London was one in every twenty inhabitants. Since then the annual death-rate has been reduced to one in forty of the inhabitants, or to twenty-five in a thousand. It will thus be seen that the old theories of disease and the old methods of treatment, added to the negligence of the people themselves, were causing annually the death of one hundred per cent. more persons than was necessary. From the great strides made by Science, and the grand results which have followed an intelligent care of the body and system, Mr. Edwin Chadwick, the distinguished British sanitarian, has declared that if people would only breathe pure air, keep clean, take proper exercise and duly care for the great organs of *digestion*, *secretion* and *circulation*, the death-rate might be reduced to ten in a thousand—that is, the average of human life might be raised to a hundred years.

Appalling Figures:—Says one of the greatest of our own living sanitarians: "Only about four per cent. of our population in cities die yearly of old age. The remaining ninety-six per cent. die of inherited maladies such as consumption and cancer, or of what we may call accidental diseases, such as typhoid fever, diphtheria, cholera infantum, smallpox, etc., etc. Now I have no doubt that all these "accidental" deaths, and a large proportion of the deaths from inherited diseases, might by proper hygienic and preventive treatment be absolutely avoided; in other words, that by due attention to the rules of hygiene and the science of preventive agen-

cies, nearly 300,000 inhabitants of the United States might escape dying annually, as they do, in their youth and prime, living, instead, to extreme old age, and then almost without reluctance putting off this mortal life by a nearly painless process of gradual extinction."

Preventable Diseases:—In a country like this, where ninety-six out of every hundred people die of preventable diseases, it is easy to perceive the vast importance of guarding against them. The list of such diseases would be a long one, but it is safe to say that a vast majority of them arise from disordered conditions of the stomach, liver, kidneys, bowels, or blood. This is certainly true of most consumptions, nervous affections, typhoids, jaundices, miasmatic diseases, malarias, diarrhoeas, constipations, agues and low grade fevers. Where this is so, the neglect which permits them to ripen in the system is sheer, if not culpable; for Nature, aided by Science, places within reach of all the means of preventing their development as well as affecting their cure. This great agent is the active principle of Mandrake, the officinally recognized and universally accepted remedy for all disorders of the stomach, liver, bowels and blood.

The Mandrake Pills:—The manufacture of Dr. Schenck's celebrated MANDRAKE PILLS is the highest achievement of both science and art. They meet exactly the officinal standards. Every pill is a guarantee of the essential and curative properties of Mandrake—purely, freshly and highly compounded, correctly proportioned, and in every medical respect calculated to introduce into the system just what is requisite for the cure of those diseases for which Nature has designed Mandrake as a specific. The machinery for rolling and perfecting the mass, and giving the pills shape and consistency, is the most elaborate and perfect of its kind in the world, and its capacity would astound the uninitiated.

Why Mandrake Pills?—They had to be MANDRAKE PILLS because the elder Dr. Schenck, in his long, laborious

and successful search for a cure for consumption, reached the conclusion that the cause of that dread disease was to be found in chronic derangement of the stomach, liver and blood, and that the cause must be treated and removed before the disease could be eradicated. He clearly saw the seeds of consumption and other deadly diseases in disturbed conditions of stomach, liver, spleen, kidneys, bowels and blood. Hence it was but natural for him, as an experimental scientist and student of special diseases, to look about for a remedy which would infallibly reach those great organs of digestion, secretion, alimentation and purification—in other words, the organs on which strength, vitality and healthy circulation depend, and whose weakness or derangement was a sure source of emaciation, inanition, and death. With a judgment that has proved a beneficence to hundreds of thousands, he settled on the active principle of Mandrake as the remedy designed by Nature to meet and conquer the diseases incident to the digestive, secretive and circulatory organs of the body. Hence DR. SCHENCK'S MANDRAKE PILLS.

What is Mandrake?—Here we let the book speak. *The American Dispensatory* says:

"Mandrake is cathartic, emetic, alterative, anthelmintic (destroyer of worms), hydragogue (driving out serum from the body) and sialagogue (promoting secretions). It is an active and certain cathartic (cleansing the bowels), being equal, if not superior, to jalap, though operating more slowly. As a deobstruent (remover of obstacles, cleanser) it is one of the most valuable in our *Materia Medica*, acting through and upon all the tissues of the system—and its action continues for a long time. In bilious and typhoid febrile (fever) diseases it is very valuable as a cathartic and emetocathartic, often breaking up the disease at once. In chronic hepatitis (liver complaint) there is not its superior in the whole range of medicines, being vastly more useful than mercurial agents, arousing the liver to healthy action, increasing the flow of bile, and keeping up these actions longer than any other agent with which we are acquainted. In alterative doses it has been found exceedingly valuable in scrofula, syphilitic diseases, rheumatism, and many other forms of chronic disease. In constipation it acts upon the bowels without predisposing them to subsequent costiveness. It has likewise been found very beneficial in dysmenorrhea (difficult menstruation), amenorrhea (absence of menstrual flow), incontinence of urine, worms, and affections of the bladder."

Why Not Mercury?—It required a bold practitioner to fly in the face of Mercury pills, or mercurial treatment, two generations ago. And even yet, notwithstanding the fact that Mercury has been laid on the shelf, together with hun-

dreds of other mineral poisons, by skilled physicians, there are some barbarians who insist upon ruining human constitutions by administering it. But we wish to deal as fairly with MERCURY, the poisonous mineral, as with MANDRAKE, the potential vegetable. Therefore we quote from the same high authority—*The American Dispensatory*. It says :

"Mercury in a metallic state is inert; but its oxides and compounds act in the same way, possessing sialagogue, deobstruent and alterative properties, the character and degree of which are frequently diminished or increased by agents in combination with it. When long continued, and in many instances a few doses with susceptible constitutions, it induces a succession of very serious symptoms, as emaciation, general debility, œdema (dropsical swelling), tremor of the limbs, diseased liver, pain in the bones, caries (rotting away of the bones), palsy, ulceration of the throat, gangrenous ulcerations of the mouth, and a sort of scorbutic marasmus (scurvy, wasting away). It likewise produces a febrile (fever) condition of the system, profuse perspiration, several forms of cutaneous (skin) disease, together with painful nervous attacks. It was introduced into the medical profession by that notorious quack of former years, Paracelsus."

In all its forms it is one of the most uncertain of medicines in its action; and even in the common form of calomel, he is a very rash, foolish or dangerous doctor who does not give it in connection with some active purgative, to save the system from its deadly effects. When it once gets into the system—seated in the tissues or bones—it is well-nigh impossible to eradicate it. It is slow death—worse almost than any disease for which it is claimed as a cure. And yet this is the very stuff that forms the basis of far too many of our modern pills. Can you wonder then that in seeking a cure for diseases of the digestive, secretive and circulatory organs, Dr. Schenck avoided entirely the medicines which produced those diseases, and others besides? It was his high mission to cleanse and build up the system, not to befoul it and break it down. Therefore MANDRAKE, the vegetable purifier, instead of MERCURY, the mineral poison.

The Stomach and Other Organs.—It is not our purpose here to speak of the nature and function of the stomach, liver, spleen, kidneys, etc. They will be found fully treated in Dr. Schenck's work upon "Consumption and Other Diseases of the Vital Organs," which will be sent free to any one who asks for it. We only suggest that one cannot know too

much of the organs upon which health and strength depend, and this especially since those organs can be brought under such complete control by the active principle of Mandrake as found proportioned and compounded in Dr. Schenck's celebrated MANDRAKE PILLS. The scope of this little work embraces only a mention of the particular diseases for which Schenck's Mandrake Pills have been found to be a specific. In mentioning them we do not wish the fact to be lost sight of that nearly all the deadlier constitutional diseases like consumption, cancer, Bright's disease, &c., find a parent in the long disturbed function or active disease of the very organs which are best treated by Mandrake, and that the only known cure for such constitutional diseases is a restoration of these organs of digestion, secretion and circulation to their normal function.

Indigestion.—A familiar complaint, and a general want of power of the digestive juices of the stomach to convert what is eaten into healthy nutriment. From it proceeds nearly all the diseases to which we are liable. When the stomach is right the man is right. DR. SCHENCK'S MANDRAKE PILLS are wonderful correctives of the stomach conditions which induce indigestion. They cleanse the membranes, open the secretions, correct the acids, and start up a healthy action of the entire organ.

Acute Indigestion—May occur in a healthy stomach by overeating, or by taking uncooked or other indigestible food. The stomach congests—refuses to perform its function. There ensues pain, cramp, colic, and doubling-up. Death may follow, if relief is not prompt. Here DR. SCHENCK'S MANDRAKE PILLS must be used heroically. They rid the stomach of the offending matter. Then they set about the repair of damages, and finally restore the normal function of the distressed organ.

Chronic Indigestion—Habitual tardiness of the stomach to act, and may be accompanied with all the pain and

inconvenience of actual dyspepsia. It requires patient and judicious treatment with SCHENCK'S MANDRAKE PILLS. A cure is sure if the remedy is pursued faithfully.

Dyspepsia—The "American disease"—general stomach disturbance and positive refusal of action; pain, nausea, eviction of food, loss of physical stamina, nervousness, melancholy, etc., etc. The only cure is persistent ministration of Mandrake through the agency of SCHENCK'S MANDRAKE PILLS. This insures a cleansing, healing and toning of the disturbed membranes, an opening of all the secretive and nutritive organs, and the general revival of dormant powers. Exercise is a splendid adjunct—tending to quicken the circulation and encourage nutrition.

Headache—Inseparable from stomach trouble, and invariably caused by it. In treating the stomach with SCHENCK'S MANDRAKE PILLS you reach the cause of headache, and cure it.

Heartburn—Sure indication that food is not digesting, but fermenting—a distressing condition, consisting of burning at the pit of the stomach and up the alimentary canal. SCHENCK'S MANDRAKE PILLS correct the distress by causing a flow of the juices necessary to proper digestion.

Sour Eructations.—When food ferments gases are created. The escape of these carries into the throat the sour, burning sensation which is so disagreeable. The corrective is SCHENCK'S MANDRAKE PILLS. They produce proper digestion, and afford permanent relief.

Flatulency.—Painful fullness of the stomach and bowels, with frequent belching of the wind, is a sure indication that digestion is imperfect. By using SCHENCK'S MANDRAKE PILLS you can overcome this condition and save yourself much distress.

Palpitation.—Hard and hasty heart-action is common to stomach disturbance. It may be sympathetic—that is, nervous—or it may be actual pressure on the heart spaces,

occasioned by a distended stomach. In either case the natural remedy is SCHENCK'S MANDRAKE PILLS, which set the stomach right and remove the cause of disturbance. Mandrake has also a direct soothing influence on the heart's action. Hence its great virtue in fevers, which always increase the pulse.

Nervousness.—Every form of indigestion and dyspepsia induces nervousness, which sometimes amounts almost to a palsy. Here SCHENCK'S MANDRAKE PILLS are particularly efficacious. They not only put the stomach in trim, but they soothe and tone the system, lifting it above the weakness which leads to nervousness.

Nervous Prostration.—The dyspeptic condition, coupled with extreme nervousness, often leads to abject prostration. The patient is "done for," as it were, and must be raised by cautious treatment. The system must be cleansed, the secretions restored, and there must be a building up by the best known tonics. SCHENCK'S MANDRAKE PILLS will surely do the first part of the work, and in the second part their action can be increased by use of Dr. Schenck's Sea-Weed Tonic, which is as much of a wonder in its way as Mandrake.

Insomnia.—Sleeplessness, due to nervous excitement in the stomach, is distressing. Cleanse and calm by mild doses of SCHENCK'S MANDRAKE PILLS, and you can cure it. Beware of opiates and poisonous soporifics.

Coughs and Colds.—First take a good dose of SCHENCK'S MANDRAKE PILLS to cleanse the stomach and bowels and stimulate the liver. Then take that never-failing, safe remedy, Schenck's Pulmonic Syrup, which, unlike all other cough medicines, contains no opium nor any other injurious ingredient. It is the best cough medicine in the world.

Inflammation.—Every dyspeptic condition, when it runs on awhile, turns into inflammation of the stomach, either temporarily or permanently. You can avoid this by watch-

ing and treating carefully. But if you have been neglectful, and inflammation becomes a stomach condition, then you must use diet, and take SCHENCK'S MANDRAKE PILLS in easy doses till all the symptoms pass away.

Nervous Dyspepsia.—This is only a doctor's name for the two former shapes which dyspepsia takes. You get at the cause by using SCHENCK'S MANDRAKE PILLS, and this is the rational way of treating all diseases.

Loss of Appetite.—When the taking of food is a source of misery, when nutrition is imperfect, when vitality is running down to zero, there is naturally a disgust for the very means which sustain life. This loss of appetite is a serious matter. You should make the stomach invite food by helping it to get rid of food. Restore its functions at once by using SCHENCK'S MANDRAKE PILLS. You will wonder at the change in a very short while.

Nausea.—A simple refusal of stomach-action; one of the various forms of dyspepsia or indigestion, aggravated often by an overflow of bile. Both stomach and liver need attention. They will get it promptly by treatment with SCHENCK'S MANDRAKE PILLS.

Vomiting.—The food comes up, sometimes sour, sometimes bitter, often both. In the first place you must correct the acids; in the second, the bile. Here the efficacy of SCHENCK'S MANDRAKE PILLS is paramount. They restore the retarded flow of the gastric (digestive) juices, and at the same time correct the disturbed action of the liver, which has been sending down too much bile, or bile of a bad quality.

Loss of Vitality.—A dyspeptic is always under par. No wonder! He can't digest; he can't nourish. He is getting ready for the first fatal disease that comes along. This condition ought not to be—need not be—if SCHENCK'S MANDRAKE PILLS can be had. They lift one out of this condition with a promptitude which shows that Nature is a

kind mistress, once she has been induced to give up her precious secrets.

Despondency.—Everything looks blue to a dyspeptic. Nothing goes right. He is out with his business, his family, and the world. But why despond when a few judicious doses of SCHENCK'S MANDRAKE PILLS will set the stomach and liver to acting, and restore vitality to the system and sunshine to the countenance?

Melancholy.—Settled despondency; a morbid extreme which requires the treatment afforded by SCHENCK'S MANDRAKE PILLS before the will can be expected to re-assert itself and aid medical treatment.

Hypochondria.—The mental organization takes on disease. It is, so to speak, a dyspepsia of the mind. Conduct is erratic. Life is a burden. It requires a careful re-instatement of the stomach action, a restoration of the nervous system, and a changed nutrition and circulation by patient use of SCHENCK'S MANDRAKE PILLS before a cure can be effected.

Suicidal Intent.—Not unusual with hypochondriacs and despondent people. Keep away dyspepsia by judicious use of SCHENCK'S MANDRAKE PILLS. Keep the liver, the kidneys, the bowels working, by the same kindly agent, and there will be no melancholy, and precious few suicides.

Congestion.—Any part of the body is liable to congestion—that is, to sudden engorgement of the blood-vessels by cold. The liver is peculiarly liable to congestion. So are the lungs and stomach. But the stomach may be thrown into acute congestion by too much food—by bad, indigestible food. SCHENCK'S MANDRAKE PILLS are admirable for reducing congestion in the stomach. Indeed, they are a specific for this form of disease both in stomach and liver.

Chronic Congestion.—An habitually gorged and painful stomach and liver, and one of the most distressing forms of dyspepsia. Liable to become acute at any moment. It is

treatable with SCHENCK'S MANDRAKE PILLS, which invariably clear away the obstructions, re-establish the secretions and reduce the inflamed membranes to their normal condition.

Pancreas.—Not much attention is paid to the pancreas. But it secretes the pancreatic fluid, which plays almost as important a part in second digestion as the bile. It is an organ of digestion, and as such is peculiarly susceptible to treatment with SCHENCK'S MANDRAKE PILLS. They increase the flow of the pancreatic juice when it is tardy, and give it digestive potency when it is thin and weak.

Liver Complaint.—What a wonderful organ the liver is! Without it we could not digest food. Without it we could not purify the blood. The commonest form of liver disease is that known as liver complaint. It is general disturbance of the action of the organ, and manifests itself in a sallow skin, loss of appetite, lassitude, pain in different portions of the body, soreness in right side, wasting away, melancholy, etc. Depend upon it the organ needs immediate treatment, and there is none so direct and efficacious as that furnished by SCHENCK'S MANDRAKE PILLS. Here the deobstruent virtues of Mandrake tell with wonderful effect. They cleanse the organ, set it to working, and, as the *Dispensatory* says, "keep it working." The result is a speedy cure of liver complaint.

Congestion of the Liver.—This may be acute or chronic. The organ is clogged and can't work. This painful and dangerous condition yields directly to treatment with SCHENCK'S MANDRAKE PILLS, and the patient is saved from serious complications.

Enlargement of the Liver.—Sluggish livers run into chronic congestion and permanent enlargement if they are not kept up to their work by treatment with SCHENCK'S MANDRAKE PILLS. By persistent cleansing of the organ, and insisting that it shall perform its action, the tendency to en-

largement can be overcome, and the system can be saved from untold complications.

Biliousness.—It is easy to tell when one is bilious by the complexion, tone of the stomach, and condition of the pulse. The liver is at fault. It is sending down bad bile or too much of it, or else it is not extracting the bile ingredients from the blood, and the poisons are carried around in the circulation. You must put the offending organ to rights at once by SCHENCK'S MANDRAKE PILLS. They are the best corrective of biliousness that Nature has given us. How many hundreds of serious diseases might be prevented if we were only wise enough to apply this wonderful vegetable cure for biliousness when the color, stomach or pulse sound the first note of warning!

Jaundice.—You have wasted too much time. The liver has not taken the bile ingredients from the blood, as it should have done. It has shirked its duty. Those ingredients in the nature of impurities, or poisons, are carried around and around in the blood, and begin to show themselves in the skin. Jaundice means a poisoned system. You must get at the cause at once. SCHENCK'S MANDRAKE PILLS will find the cause. They remind the liver of its duty—prompt it to go about its natural work. In a short while the organ will be busy extracting the poisons from the blood and making bile of them. Then, with a pure circulation, the jaundice will disappear.

Pains and Soreness.—Nearly all disturbances of the liver are accompanied by pains in different portions of the body and by soreness of the muscles. Accept these as Nature's admonitions, and take a course of treatment with SCHENCK'S MANDRAKE PILLS. You will come out all right in a very few days.

Diarrhoea.—Possibly nine-tenths of the diarrhoeas come from an inflamed condition of the bowels, caused by undigested food passing into them, from a tendency to conges-

tion, or from catarrhal conditions. Where any of these are causes, SCHENCK'S MANDRAKE PILLS work a sure cure, if used in the proper way. They assure a perfect digestion. They reduce inflammation and congestion. They cleanse the membranes of catarrhal effusion, and heal them. And so, reaching the sources of trouble, they eventually remove them.

Constipation.—The refusal of action which is called constipation, whether in the stomach, liver or bowels, is effectually relieved by patient treatment with SCHENCK'S MANDRAKE PILLS. Use freely at first, and then gently, till the stubbornness is overcome. Mandrake differs from all other purgatives in the respect that its active use is not followed by constipation. Its laxative virtues lead to no reaction.

Cramps.—Whether occasioned by acute indigestion or congested condition of any of the organs, cramps can be speedily allayed by active use of SCHENCK'S MANDRAKE PILLS.

Colic.—This is cramp, accompanied with violent contraction and spasm. Temporary relief may be sought through external applications, but permanent relief must be sought by reaching the cause. SCHENCK'S MANDRAKE PILLS remove offending matter, clear the obstructions, and restore the deranged organ to its normal action.

Neuralgia.—This unexplained but painful disease very often yields to treatment with SCHENCK'S MANDRAKE PILLS. This is especially so where the disease is due, as it frequently is, to disturbed function of the digestive, secretive or circulatory organs. Even where it is erratic, or nervous, the soothing effect of Mandrake on the system effects a cure.

Urinary Troubles.—Wherever this class of troubles is due to defective secretions SCHENCK'S MANDRAKE PILLS give relief. They are deobstruent—that is, they remove obstacles which obstruct the secretions.

Kidney Diseases.—As glands, or organs, of secretion, the kidneys are as susceptible to the influence of SCHENCK'S

MANDRAKE PILLS as any other of the great organs of secretion. Their action can be made to harmonize with the healthy action of the Stomach, Liver, Spleen, Bowels and Blood, and thus a tendency to Bright's disease and others quite as fatal can be checked.

Malaria.—Whether gaseous or animalcular, this is poison in the blood. It could never get there if the liver did its duty. It can only be gotten out by making the liver perform its whole function. Hence SCHENCK'S MANDRAKE PILLS come into play in the nature of a specific for this common and insidious disease—a parent of hundreds of others. No person living in low, flat countries, near swamps or rivers, or in houses with sewer connections, should be without SCHENCK'S MANDRAKE PILLS, and they should be freely and regularly used.

Blood Poison.—If, for any reason, the liver fails to act, the blood is gradually poisoned. We have already seen how SCHENCK'S MANDRAKE PILLS conduce to blood purification by restoring the lost function of that important organ.

Chills and Fevers.—These are one of many manifestations of malaria in the system. They can be broken up by free use of SCHENCK'S MANDRAKE PILLS. The action of Mandrake is not temporary in this respect. But their greatest worth in malarial sections is their preventive quality. One who keeps the stomach in good trim and the secretions open by occasional doses of SCHENCK'S MANDRAKE PILLS can defy malaria and its outcrop, chills and fever.

Typhoid Symptoms.—These are various, but in general the result of long neglect of the stomach and liver. As to the effect of SCHENCK'S MANDRAKE PILLS in breaking up these dangerous symptoms we refer the reader to what the *American Dispensatory* has said of Mandrake. See page 7 of this pamphlet.

Catarrh.—Wherever the mucous membrane extends—and it lines the entire alimentary system—there is a liability to

catarrh. There is catarrh of the throat, stomach and bowels. The cleansing power of SCHENCK'S MANDRAKE PILLS is very effective in this disease. In observing the effect of Mandrake on the system the elder Dr. Schenck expressed himself as surprised at the extent of the catarrhal effusions carried into the stool, after taking his pills.

Blood Purification.—It is hardly necessary to say more about the function of the liver as a blood purifier. By controlling that organ, SCHENCK'S MANDRAKE PILLS become the agent for assuring pure blood. But a pure blood means also a free circulation. As it carries nutriment to the body, SCHENCK'S MANDRAKE PILLS become equally effective as an agent for securing—

Nutrition.—And how important proper nutrition is! It is the key to that awfully solemn situation which precedes lack of vitality, wasting away, consumption. To hold that key is to be able to revive the drooping body and re-imbue it with life. SCHENCK'S MANDRAKE PILLS, therefore, not only control vital organs directly, and cure their several diseases, but by their general effect on the system they restore its lost stamina, and thereby prevent fatal drifts toward diseases which involve the entire constitution. The experience of fifty years with DR. SCHENCK'S MANDRAKE PILLS fully confirms what the *American Dispensatory* says of Mandrake as a medicine. And this experience, complete from a scientific and professional standpoint, is effectually rounded out, affirmed and re-affirmed by an array of grateful witnesses whose number cannot be counted, who represent every nation and clime, and whose voluntary testimonials would, if printed, fill entire volumes.



DR. SCHENCK'S MANDRAKE * PILLS.

Pure, Safe, Prompt, Infallible!

*The Approved Vegetable Remedy Supplants Mercury
and All Mineral Poisons.*

Voices of Thanks and Praise from Rescued Sufferers:

A LIVING MONUMENT.

DR. J. H. SCHENCK.

DEAR SIR:—I have used your remedies in my family for over twenty years with most beneficial results. Twelve years ago the physicians left my wife to die, but, thanks to your great medicines, she lives to-day, a monument to their efficacy.

W. D. DUYKINCK,
13 W. 27th St., New York City.

A CASE OF LIVER COMPLAINT THAT THE PHYSICIANS MISTOOK FOR CONSUMPTION CURED BY DR. SCHENCK'S MANDRAKE PILLS.

DR. J. H. SCHENCK & SON, Philadelphia, Pa.

GENTS:—My wife was sick in 1843, and I applied to the best physician I could find. The doctor brought with him another physician, and after an examination they pronounced the case Consumption of the Lungs, and said my wife could perhaps live six months.

This, of course, alarmed me, and I began to study the case myself, which convinced me that the doctors were wrong. She had a bad cough, very little appetite, and other distressing symptoms; but when I told the doctors she had no Consumption, they said, "She has all the symptoms."

I came across a box of Schenck's Mandrake Pills and induced my wife to try them. She soon found they were necessary to her health, and, although she was called a feeble woman, she was restored to health, and was enabled to do the housework on a farm all alone for ten years, which, I am convinced, never would have been the case had it not been for your Pills.

In over thirty years I do not know of a case of stomach or liver trouble that Schenck's Mandrake Pills did not relieve.

E. A. ROBY,
Sparta, Kent County, Mich.

**A SEVERE CASE OF BILIOUS COLIC CURED BY A PHYSICIAN WHO
RECOMMENDS DR. SCHENCK'S MANDRAKE PILLS.**

DR. J. H. SCHENCK.

About nineteen years ago I was attacked with my first spell of Bilious Colic, which was so severe that my doctor and others present thought I could not live. From this time on for four years I had many attacks, more or less severe, and so frequent that I was almost unable to get about. My stomach was swollen, and so sore that the least jolt in walking was very painful. I was treated by a good physician, and I have no doubt that he used his best ability; but I got no permanent relief until, by his advice, which I think was his final resort, I took Schenck's Mandrake Pills. He said he thought they would be good for my liver; and I am glad to say that a half box did me more good than anything else. All the soreness about the liver left me. By a little attention and occasional small doses of the Pills, I have prevented any further trouble in fourteen years, excepting one or two light attacks, and they might have been prevented had I resorted to the Pills in time. I keep Schenck's Mandrake Pills on hand all the time, and always recommend them to sufferers from bilious affections.

Yours, &c., **JOHN J. WILLIAMS,**
St. Augustine, Md.

**VERTIGO.—ELLIS F. WARD, ONE OF THE WARD BROTHERS, THE
FAMOUS OARSMEN, SAYS:**

I was engaged to row a race against John Biglin, at Springfield, Mass., July 15, 1873. After rowing about a mile I was attacked with Vertigo, and fell over in my boat. Being taken ashore, I felt severe pains in my head and chest, as also my right side, from which I suffered for two years, during which time I was not able to row a stroke. I was attended by four doctors, who tried inward and outward applications, but without any beneficial effect. The doctors all told me I had Liver Complaint. Through the advice of a friend I was induced to take Dr. Schenck's Mandrake Pills. In the course of a month I was able to row again. After the first or second dose the pain left my side and head, and I continued taking the Pills until I was entirely cured. Since then, whenever I feel sick, I take a dose of Schenck's Mandrake Pills, and have never been prevented from rowing or working. My family all use Dr. Schenck's medicines with great benefit.

ELLIS F. WARD,
2714 Brown Street, Philadelphia.

IMMEDIATE RELIEF AND ENTIRE CURE.

DR. J. H. SCHENCK.

DEAR SIR:—Having suffered for a considerable time with pains in the left chest, together with symptoms of indigestion generally, I was induced to try your Sea-Weed Tonic and Mandrake Pills, from which I received immediate relief, and now consider myself entirely cured. It affords me great pleasure to recommend the above remedies to others who are similarly affected.

W. M. ABEL,
Kensington Depot, Pennsylvania R. R.

A PROMINENT U. S. ARMY OFFICER WRITES AS FOLLOWS:

MY DEAR DOCTOR—If you will permit me so to address you; it is but natural to feel affection for the physician whose medicine does one good. You were kind enough a few months ago, when I was stationed at Wingate, to bother yourself with my small order for Pills. Will you now please send me another box? After seven years of their use, five and a half of those years in the malarial districts of the South, where I learned to know their value well, I find I cannot do without them. When in the States I could procure them from the druggists; but out here, away from civilization almost, I have to send direct to you. Wherever I go, a box of Dr. Schenck's Mandrake Pills goes with me, be it on the road, traveling; in the field, on a scout; or to a new post—not that I have to use them often, but when I need them I need them badly, and must have them. They are far superior, for me at least, to the army surgeon's "Blue Mass."

A CASE OF PAINT POISONING AND GENERAL DERANGEMENT OF THE WHOLE SYSTEM CURED BY THE USE OF DR. SCHENCK'S MEDICINES.

DR. J. H. SCHENCK & SON, Philadelphia, Pa.

DEAR SIR:—I am a believer in Schenck's medicines all and every time, for I know what they did for me.

My case was paint poisoning and general derangement of the whole system, and after paying the doctors about \$150.00, which did me no good whatever, I quit the whole of them and bought \$12.00 worth of Schenck's medicines, and they cured me. I felt like a new man, and was, in fact, physically.

My business now is a country grocer and postmaster, and one thing I always keep in stock: Schenck's Pills; and I sell no other, nor don't want to.

Very respectfully, JAMES MARINER,
Bowery Beach, Me.

DR. SCHENCK'S MANDRAKE PILLS GIVE MORE SATISFACTION THAN ANY OTHER.

DR. J. H. SCHENCK.

DEAR SIR:—As long back as I can remember my father sold your preparations, and I have been selling and using your Pills in my family for fifteen years, and I am free to say that they give more satisfaction than any other.

JOS. PASSANO, Postmaster,
Reisterstown, Md.

HE FOUND RELIEF ONLY IN DR. SCHENCK'S MANDRAKE PILLS.

I am a great advocate of Dr. Schenck's Mandrake Pills for Liver Complaint. Have used them for fifteen years, and I cheerfully say that I have always found them efficacious in regulating my stomach and liver. I have used all kinds of pills, but found relief only in yours.

S. A. BLAIR, Agent Globe Line.
286 Adams Street, Toledo, Ohio.

**BEING UNABLE TO PROCURE DR. SCHENCK'S MANDRAKE PILLS
AT HOME, COMMISSIONS A FRIEND WHO IS GOING TO
THE STATES TO BRING SIX BOXES.**

DR. J. H. SCHENCK.

DEAR SIR:—I have used several boxes of your Mandrake Pills, and find them first class. My wife has had a bad stomach and been very much troubled with headache, and has taken three boxes of the Pills. You may not believe it, but she is not the same person; she can now do a good day's work, where before the least thing would fatigue her. I think so much of Schenck's Mandrake Pills that I have commissioned a friend who is going to the States to bring me six boxes.

Yours respectfully, **M. S. MADOLE,**
Napanea, Ontario.

"THERE ARE NONE BETTER."

DR. SCHENCK.

I have used your Mandrake Pills for Biliousness and Constipation, myself and in my family, and I consider them a good thing. For the past three years I have taken them. There are none better.

Yours respectfully, **S. GOWEN,**
25 Washington St., Biddeford, Me.

**THE WIFE OF A PROMINENT RAILROAD CONTRACTOR WHO KNOWS
WHAT A SPLENDID MEDICINE DR. SCHENCK'S
MANDRAKE PILLS ARE.**

DR. J. H. SCHENCK, Philadelphia.

We have used Schenck's Mandrake Pills in our family, and know what a splendid medicine they are.

My husband is largely interested in railroad contracts, and he uses the Pills among his laborers. We neither could nor would be without them.

MRS. E. B. ROBBINS,
Robbins, Scott County, Tenn.

(Wife of A. J. C. Robbins, of Cincinnati Southern Railroad Tunnel Fame.)

J. H. SCHENCK, M. D., Philadelphia.

DEAR SIR:—Two years ago I suffered with Liver trouble, and was permanently cured by your Syrup, Tonic, and Pills. Have had no symptom of a return of the disease since. You may refer all skeptical people to me.

Yours truly, **JOHN J. CRAMPTON,**
Sharpsburg, Md.

DR. J. H. SCHENCK, Philadelphia, Pa.

DEAR SIR:—I take pleasure in announcing to the public the benefit I derived from the use of your Pills. After suffering two years with dyspepsia, I used two boxes of your Mandrake Pills, and am entirely cured.

Very respectfully, **RALPH WORTHLEY,**
33 Friend Street, Gloucester, Mass.

A DRUGGIST WHO RECOMMENDS DR. SCHENCK'S MEDICINES.
MESSES. J. H. SCHENCK & SON, Philadelphia, Pa.

GENTS:—We have sold your medicines for the last twelve years, and feel confident they will do all you claim.

We have used your Mandrake Pills ourselves, and know of several remarkable cures made by your Pulmonic Syrup and Sea-Weed Tonic.

We cheerfully recommend them as being reliable medicines.

• **E. P. BRAINERD & SON,**
 Ravenna, Ohio.

**DR. SCHENCK'S MANDRAKE PILLS ARE CONSIDERED THE
 BEST IN THE MARKET BY A PROMINENT DRUGGIST.**

DR. J. H. SCHENCK & SON, Philadelphia, Pa.

GENTLEMEN:—I have been in the drug business for about twelve years and handled all kinds of pills, but must say I consider your Mandrake Pills the best in the market. I always use them myself and in my family, and I prefer them to any other.

W. H. TEAGUE,
 Of the firm of Teague & Hale, Druggists,
 28 Lisbon Street, Lewiston, Me.

**AN INDORSEMENT OF DR. SCHENCK'S MEDICINES BY A DRUG-
 GIST WHO USES THEM AS WELL AS SELLS THEM.**

DR. J. H. SCHENCK.

DEAR SIR:—I have used your medicines in my family for the last fifteen years, and consider them the best in the market. I have sold them for the last ten years at my drug store in this place, and have never had a single complaint that they did not do all you claim for them. I cheerfully recommend them as first-class remedies in every respect.

JAMES RUSHTON,
 25 Main Street, Eaton Rapids, Mich.

**A DRUGGIST WHO SELLS DR. SCHENCK'S MANDRAKE PILLS
 AND KNOWS WHAT THEY ARE.**

I have no hesitation in saying that Dr. Schenck's Mandrake Pills are the best pills sold. I know that they will cure Liver Complaint and Weak Stomach when all other remedies fail. Dr. Schenck's medicines all possess real merit, and I believe they will, when his directions are followed, do all that he claims for them.

F. H. ULRICH, Druggist,
 Alton, Ill.

DR. SCHENCK'S MANDRAKE PILLS
ARE FOR SALE BY DRUGGISTS GENERALLY.
PRICE, 25 CTS. A BOX, OR 3 BOXES FOR 65 CTS.

Or sent by mail on receipt of above price by

DR. J. H. SCHENCK & SON, Philadelphia, Pa.

Laws of Health and Beauty.

Sanitary Science teaches us how to care for ourselves so as to preserve health, strength and beauty. Its laws are called **Laws of Hygiene**.

Prevention of Disease:—Says Dr. Pallen, "The practice of medicine will be revolutionized in the next few years. The practitioner of to-day will become a consulting physician only. The great question of the future will be not so much the cure as the prevention of disease." The use of Dr. Schenck's **MANDRAKE PILLS** as a preventive of diseases falls right in with this enlightened prophecy.

Bathing:—There are three thousand pores to every square inch of the human body, and each pore is the outlet of a sweat-tube. The total length of all the sweat-tubes is twenty-eight miles. The stoppage of these tubes by dirt, scales or dried perspiration gives rise to skin diseases, and to internal diseases as well. Hence the necessity for bathing. The best bath is a tepid bath, with plenty of pure soap. Twice a week in winter and three times a week in summer, is often enough to bathe, unless the system be robust and the perspiration profuse; then, bathe oftener. The best time to bathe is just before going to bed, as there is then less danger of taking cold.

The Skin:—The skin can be kept soft and pliable by using a pound or two of bran in the bath, first soaking the bran for a few hours in water before using it. The hands can be kept soft by washing and drying thoroughly and then anointing with cold-cream. After a little, rub them vigorously with saponified spirits, and wipe dry with a towel.

Round Chests:—If you would rear children with good round chests, first measure them with a tape. Then teach them to practice forced inspiration through the nostrils several times a day. Offer a prize for the first inch gained in circumference. Flat-chested children will soon grow round and full and the breathing spaces large. The result will surprise you.

Cradles:—Cradles are fast going out of fashion. Cots are taking their place in nurseries. This is well. The sleep of a child that has been neither rocked nor swung into insensibility must be sweet and refreshing.

Ventilation:—Never despise fresh air. Let it sweep through all the rooms of a house as often as possible. Let the nursery, sick chamber and sleeping room have plenty of it. There is nothing to fear from it, however cold, and everything to gain, provided you avoid direct draughts, and clothe so as to fortify against rapid decline of temperature.

Greasy Water:—Never dispose of dish-water, or other greasy water, by throwing it into drain-pipes or down wells. It will accumulate in pipes, and slowly clog them, and in wells it will soon prevent the absorption of water, even where the soil is a coarse gravel.

The Cellar:—This is the most treacherous space in a house. Keep it clean, dry, well ventilated, and thoroughly disinfected. Whitewash often. Don't make it a place for trumpery and filth. Many cases of malignant typhoid, diphtheria and other diseases have been traced directly to damp or unclean cellars.

The Head:—Wash a child's head with luke-warm water and pure soap two or three times a week. Brush with a soft brush. An adult's scalp should be cleansed thoroughly at least once in two weeks. Rub the white of an egg well into the roots of the hair, and then wash out with warm water and pure soap, followed by cold water. Rub dry with a towel and use a little cocoanut oil. Animal oils are not cleanly. The old-fashioned way of protecting the head with a cap while sleeping was a good one. It prevented too sudden a driving of the blood inward toward the brain. Those who are subject to neuralgia, headache, dreams, insomnia, etc., should protect their heads at night with caps.

Preventable Diseases:—This class of diseases costs this country annually three hundred thousand lives and six million attacks of illness. The majority of them spring from stomach and liver disorders. By keeping these organs in perfect working condition with SCHENCK'S MANDRAKE PILLS the above appalling figures could be reduced more than one-half.

Heat Agency:—Heat is a wonderful disease-maker, directly and indirectly. Every sanitary law should be put into double

force during a heated term. Cleanliness should be insisted upon. The system should be guarded by diet and by such treatment as SCHENCK'S MANDRAKE PILLS afford. Those exposed to the sun should wear a wet handkerchief, sponge, or hat full of green leaves, next the head. In cases of giddiness or weakness a cool spot should be sought, and the head and neck should be rubbed with ice or cold water.

Cold Agency:—Cold checks the surface circulation and sends the blood to the inward parts. This gorges and congests them, and that condition is a cold. Hot drinks are good in temporary colds; but if they are stubborn, you must relieve the congestion by using SCHENCK'S MANDRAKE PILLS freely, and if the lungs are involved use SCHENCK'S PULMONIC SYRUP. Never trifle with a cold.

Contagions:—Sanitary science asserts that all contagious diseases like small-pox, scarlet fever, diphtheria, measles, etc., can be guarded against. But great care is necessary, and the safeguards are mostly with the family and nurse. Clothing should be washed, fumigated or burned. Persons should be excluded from the rooms. The sick-room should be in the top story of the building. Disinfectants should be freely used. All sick-chamber slops should be carried out closely covered and effectually buried far away from the house, or, if in the city, they should be neutralized by lime before being thrown into the cess-pool or pipes.

Clothing:—The measure of clothing is that which will best guard the system against exposure to change of temperature. It may be light or heavy as the temperature requires; but never fail to meet a fall in the thermometer with adequate clothing. Vital parts should be best protected. Woolen clothing is the best and safest kind in the Temperate Zone, if not everywhere. Hats and bonnets should never be so tight as to obstruct the circulation of the blood in the head; and the mother who permits her daughter to wear a laced corset ought to be tried and condemned as an accessory to a great crime.

The Feet:—Because they are so far removed from the centre of circulation, the feet should be especially cared for. Warmth and dryness there are most essential. Keep warm with wool; keep dry with rubber, if there is slush or snow; and if wet, rub dry

and toast well before the fire. Don't delay. In five minutes some vital organ may be congested by reason of wet, cold feet.

Colors:—Beware of the high, fine colors, either in paper or dress goods—especially underwear and stockings. Most of the aniline colors, red, blue and other tints are dangerous to sensitive skins, and the arsenical colors, as green, in wall-paper are poisonous.

Water:—Whenever there is the slightest suspicion that drinking and cooking water, whether from well, cistern or reservoir, is impure, the family should boil every drop that is used. Says a noted physician, "If cholera infantum, typhoid fever, diarrhœa or dysentery appear in your family without obvious cause, the chances are two to one that there is something wrong with the water supply, the milk supply, or the drainage of your house."

Walls:—Never move into a newly-plastered house; and if the house be of brick or stone, remember it takes the walls a long time to dry out. In a house whose walls contain 100,000 bricks, there are at first 10,000 gallons of water. Better let this fluid evaporate before you make your home in the house.

Food:—All food, if good for us, must supply muscle or fat. The muscle-foods are meat, eggs, cheese, flour, etc. The fat-foods are of two kinds: 1st, all oils and animal fats; 2d, all sugars, as bread, potatoes, starch, molasses, sugar itself, etc. The quantity of each must depend on the health, occupation, &c. The penalty for taking too little food, or food of a limited variety, is loss of flesh and strength. The penalty of eating more than is required is derangement of the stomach, liver and intestines, and the consequent production of dyspepsia, biliousness, diarrhœa or constipation, with their innumerable attendant evils, the natural remedy for which is SCHENCK'S MANDRAKE PILLS.

Cooking:—Boiled meats are most digestible but least nutritious. Roast and broiled dishes are not so easily digested, but are most nutritious. Fried meats—indeed, fried anything—is a process of cooking which must have been invented by the arch-enemy of mankind.

Exercise:—All mental anxiety as well as bodily exertion should be avoided for half an hour before and after a meal. Walking or work should be taken up after meals, at first moder-

ately ; and exercise of some kind is indispensable after a hearty meal. If exercise does not come regularly into every life the result is constipation, liver complaint, dyspepsia, headache, vertigo, piles, etc. The bowels should be evacuated once a day. As a help to this use SCHENCK'S MANDRAKE PILLS, and keep using them till the habit of daily evacuation is thoroughly established. Mandrake is the only principle in nature which acts on the bowels without being followed by constipation.

Sunlight :—Sun-baths cost nothing and are the most life-giving baths one can take, whether sick or well. Every housekeeper knows the necessity of exposing clothing, especially woollens, to the sunlight, after a damp spell. It is so with the body. The sunlight freshens and stimulates it, as it does everything in Nature. This is particularly so of young bodies. Nurseries should be flooded with sunlight. Persons who avoid the sunlight through fear of spoiling their complexions are violating a sanitary law whose observance would not only insure a good complexion but prevent wrinkles when the forties are passed.

Meals :—Sanitarians have striven hard to determine the proper amount and proportion of food necessary to keep an average human being in health. It is laid down that an American, doing a fair day's work, must eat and digest, in twenty-four hours, the equivalent of a pound of meat and eggs, two pounds of bread and potatoes, and a quarter of a pound of fats ; that is, he must take nitrogeneous matter, fatty matter, sugary and starchy matter, and salty matter, enough to supply the drain on his system occasioned by his labors. The breakfast should comprise one-third of the meat and two-sevenths of the starch ; dinner should include the remaining two-thirds of the meat and three-sevenths of the starch ; and supper should include the balance of the starchy and sugary matter.

Digestion :—Observations on, or rather in, the stomach of Alexis St. Martin, who had a hole shot through his side so as to expose the inside of his stomach to view, showed that boiled rice digested in one hour ; raw eggs in an hour and a half ; lamb, baked potatoes and fricaseed chicken in from two to two and three-quarter hours ; soft-boiled eggs, oysters, roast beef and bread in about three hours ; hard-boiled eggs in three and a half hours ; salt beef, or pork, in four and a quarter hours.

Food Accessories :— These are tea, coffee, cocoa, alcoholic stimulants. Every food accessory should be watched carefully and its effects noted. As a rule, tea, coffee and cocoa may promote comfort and enjoyment, but the exceptions are frequent and should be sacredly observed. So, as a rule, alcoholic stimulants beget more misery than comfort, and ought to be avoided, unless prescribed by a reputable physician. Tobacco is purely a luxury, and has no claim to a place among articles of diet. Like other poisons, it may have a sedative effect on the system, but the habit of using it is dangerous in the respect that "it grows by what it feeds on."

Teeth:— Acid medicines, strong vinegar, syrups and sweet-meats spoil the teeth. Hot and cold liquids drunk in quick succession crack the enamel. Brushing the teeth with a hard brush, especially when using soapy dentifrices, is apt to wear the enamel and injure the gums. Brush gently, using water and Castile soap, after each meal. Have decaying teeth promptly attended to. The fact is, that every effort made to preserve the teeth is one in the direction of health and happiness. All know how much of an ornament they are to face and expression, and how important they are to perfect articulation. But they are of vastly more moment to general health. Complete mastication of food depends on good teeth, and perfect digestion on complete mastication, and health and long life on perfect digestion.

Food Impurities :— Sanitary science finds a long list of diseases in impure food, as flour, butter, milk, meat, tea, coffee, eggs, &c. It is hard to detect some of these impurities, but others can be readily guarded against. Both flour and butter may be adulterated so as to avoid ordinary detection. Poor milk can be detected by the lactometer; but milkmen have become so expert as to bring the gravity up to par by dissolving sugar in the thin milk. Meats can be tested pretty well with the eyes and nose, though these organs cannot guard against trichinæ and tape worm larvæ. A stale egg will float on brine in which a good one will sink. Tea and coffee adulterations are hard to guard against.

Amount of Exercise :— How shall we exercise? Prof. Parkes gets at it thus: "The effort of a healthy man during a moderate day's work is equal to lifting one hundred and fifty tons one foot high. This is equal to an eight and one-half miles walk for a man weighing one hundred and fifty pounds. Now supposing

that house or office duties required three miles of walking daily, the balance, or five and one-half miles, should be made up in exercise. Women require less than men, thin people less than stout people, old less than young, and so on ; though all require what will thoroughly oxygenize the blood and promote proper secretions."

Gymnastics:—Some system of light gymnastics, with dumb-bells, rings, bars, etc., is quite essential as a stimulus to sufficient exercise among school-going youth. But it may be doubted whether the school-room is a fit place to take it in. All exercise should be in the open air or a well-ventilated gymnasium. And then, no system of exercise should be unyielding as to girls entering their teens. Indeed, there is a period in every girl's life when it might be well to relax every rule of labor, exercise and study, and let nature have perfect sway.

Sleep:—Sleep is intended to repair the loss of power in the system occasioned by mental or bodily work. Its length should be just equal to the object to be accomplished. In the infant, where growth is the work on hand, sleep should continue for a majority of the twenty-four hours. In maturer years, the need of it diminishes, but it should never fall below the bodily or mental wear and tear. In age, the power to endure is weak, therefore the need of longer hours of recuperative sleep is greater again. No sanitary laws are of greater moment to man than those which secure healthy, invigorating sleep. It is said that Napoleon required only five hours sleep. It would be better to say that his ambitions were such that he couldn't spare the time for more. No man or woman, who does from six to twelve hours of work a day, mental or hand, can recover from the effects of it with less than six to eight hours sleep. But, of course, no rule can be laid down to cover different constitutions, and fix an exact quota of sleep. The law is infallible, however, that the drain of labor on the system must be met by sleep, else the future years will be discounted.



FOR THE CONVENIENCE of those who cannot obtain our medicines of their regular dealer, on receipt of the prices we will send them by express at the following rates: (The Pills only can be sent by mail.)

Dr. Schenck's Pulmonic Syrup.

A CURE FOR CONSUMPTION, COUGHS AND COLDS.

\$1.00 PER BOTTLE; OR THREE BOTTLES AT ONE PURCHASE, \$2.50.

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FOR THE CURE OF DYSPEPSIA IN ALL ITS FORMS.

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